

Using Improv to Improve

To what extent do the dramatic arts affect academic endeavours?

Guiding Questions.

How comfortable do you feel about taking risks and asking questions in class?

How confident are you with public speaking?

Methods.

Implemented improvisational acting into the school.

Surveyed students involved in these practices once a month (about 50 students surveyed).

Used a subjective scale as well as reflective writing to measure results.

Digitized results and randomized responses featured in this presentation.



Results: Taking risks and asking questions in the class...

Before: 5.65 / 10

I like to ask questions but everytime I'm put on the spot I get intensely anxious and uncomfortable and I find it hard to speak.

I like to ask questions but I have MAJOR stage fright so I don't like to draw attention to myself (sometimes) (LOL).

I'm extremely nervous.

I like to learn things, and want to ask why something happens. I like answering questions right! I like to be right!

Sometimes I do but other times I don't.

I can be social and ask questions, but I don't want to...

I'm very open about pretty much everything. I'm not afraid to look dumb so it really depends how I am feeling. I am completely comfortable being asked questions, or asking questions. (unless it's math then don't talk to me).

Results: Taking risks and asking questions in the class...

After: 6.45 / 10

Improv helps me with my stress. I became more comfortable with improv.

I still love learning and asking questions to learn more!

Improv made no difference, still extremely nervous.

I feel like making a mistake is not that big of a deal.

I enjoyed playing games in class. I already felt comfortable, now I feel more comfortable.

It didn't make a difference.

Improv helps me with uncomfortable situations.

Yes.

Results: How confident are you public speaking...

After: 5.05 / 10

If there is a lot of content I am very nervous.

Well I'm pretty nervous, I feel people will judge me.

I have bad social anxiety.

I feel like making a mistake is not that big of a deal.

EXTREMELY NERVOUS. Why? Because I'm nervous about sharing things about me which is my language I speak. It's kind of cool at the same time that I speak another language but still nervous about it.

I am scared to mess up.

I feel underprepared for presentations, I'm not a good public speaker, and I've panicked while public speaking before, decreasing the quality of my presentation.

Results: How confident are you public speaking...

After: 6.8 / 10

I am still nervous.

The activities make me feel better. I thought it was fun. (We are only in grade 9, no one will remember mistakes).

I felt kinds annoyed with all the noisy activities, but for a split second my worries would wash away from the presentations. Now that it's done, I'm still nervous.

I feel good right now and I think it did help a little.

The activities were HILARIOUS. They helped my nervousness level go down. At the moment I was calm and felt better. So at the time I am not too nervous, it's amazing!

The activities did not seem optimal.

The activities made me laugh a lot. I feel slightly better for presenting.

Do the dramatic arts affect your academic endeavours?

I think it would help because you are learning to meet and work with different people.

Yes, Things get uncomfortable sometimes and we have to be okay to deal with it.

I siphoned confidence out of the dramatic arts and funneled it into my worldview. It has become a part of my being and has let me be more accepting of myself and chill in my attitude.

I get a break from school, and have fun. I get to hang out with my friends.

It helps me be less awkward in class.

The dramatic arts gives me the confidence to ask questions and do projects.

It helps me get my ideas out. It helps me talk to new people. It helps me express myself more.

Dramatic arts help us stutter less when presenting in front of a large crowd.

Improv helps me with my ADHD and drama is a big part of my life.

Thank you for your time.

Questions?